

CHAPTER 1

SAFE PLACE INDUCTION

OVERVIEW:

I always like to create a safe place and positive resource for a client at the beginning of our work together – so they can use this to go back to if some deep cathartic reaction comes that overwhelms them.

SAFE PLACE INDUCTION FIXING ATTENTION INDUCTION

Please separate your hands and feet and place yourself into a comfortable position that you can stay in for a long period of time. Now look around the room you are in and lifting your eyes gently upward find a spot that attracts your attention-and when you do maintain a comfortable focus on it resting your eyes on the center of your spot as you let a natural shift of focus occur comfortably all by itself-and you may feel like taking a slow deep breath to deepen your concentration but you needn't move your head, while you become fully absorbed in the center of this spot-and whether you notice your eyes getting tired or wanting to close really doesn't matter for it can be possible to visualize this spot when you're eyes are closed but you don't need to listen to me as I speak to your unconscious mind while you feel the rest of your body comfortable in the chair for it's really up to you how you want to experience this phenomena and I can wait as you find the natural comfort you feel at ease with-as you get absorbed in deeper and deep comfort in your own unconscious way-and let your conscious mind drift to whatever awareness it does – for there's nothing it needs to learn-that hasn't been learned before-now the only really important thing out of this – is what I say to your unconscious, nothing else.